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CALGARY • THURSDAY, MARCH 26, 2009

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Tech giving gangs upper hand

Law enforcement hopes bill's reintroduction will enable them to get around security features

SHAWN LOGAN
for Metro Calgary



Tech-savvy crooks are using the latest communications devices to stay one step ahead of cops, prompting calls for tougher laws.

Secure smart phones and encrypted BlackBerrys have allowed gangs and organized crime to engage in illic-

it business without worrying about messages being intercepted by police because legislation has not kept up with technology.

But Staff Sgt. Dick Nyenhuis, who heads up the electronic surveillance unit for the Calgary police, said a long-stalled law could soon even the playing field.

"What we need is for them to bring in legislation that says before you roll out

any new device, they have to put intercept solutions in place," he said.

"At least give us a fighting chance to stay ahead of these guys."

The Modernization of Investigative Techniques Act, Bill C-285, was re-introduced in the House of Commons last month and it would require companies that design mobile phones to allow police to work

around security features.

Privacy advocates, meanwhile, have argued the law would give authorities too much power to monitor personal communication.

However, Nyenhuis said the legislation would return the advantage to police back and allow wire taps on some of the worst offenders, a method that is only used when all other investigative avenues have

come up short.

Any wire tap would still require the approval of a judge.

BlackBerrys were designed for secure business communications but the criminal element is drawn to anything that's effective, Nyenhuis said.

Ald. Diane Colley-Urqhart, who sits on the Calgary Police Commission, said the legislation would

be an important tool in the fight against organized crime.

"It certainly is much harder to wire tap when the younger generation don't use hard lines but resort to text messaging, BlackBerry pinning and call forwards on their cells," she said.

"This is also what the escort operators and massage parlours use — all part of organized crime."

Earth Hour

Before you turn your lights off this Saturday at 8:30 p.m. to mark Earth Hour, Metro has some environmental stories to get you thinking "green."

Homes

- Eco-friendly living is easier than you think. We give you some helpful tips, pg 17

Beauty

- We introduce you to some fashion designers who are making sustainable clothing, pg 20

Music

- Musicians are choosing to go green by planning tours that promote conservation, pg 22



Riding the Recession

Metro shares advice on how to cut down on expenses and navigate your way through the recession.

Food

- We introduce you to a few meals for a steal, pg 18

Tomorrow

- Our series concludes with an update on how the economy is doing.

Summer

Dreams



Allyson Chang of Aluminum Planet Clothing, tries to add some colour to all the white surrounding the city by hanging one of their summer dresses outside in hopes of brightening the spirits of those walking along 17 Avenue yesterday.

Calgary readers love their daily Metro fix

Don't believe everything you read about the newspaper industry.

According to the latest Newspaper Audience Database survey results released yesterday, the vast majority of Canadians continue to read newspapers.

Last year, 69 per cent of Canadians — 12.9 million people — read a newspaper over the course of a week, and when online readers are added in, that number grows to 77 per cent.

"Newspapers continue to play an important role in the lives of Canadians," said Metro English Canada group publisher Bill McDonald. "Readers in the millions rely on newspapers every day for the information that is important to their lives."

As newspapers maintain their strength, Metro Canada is setting the industry standard — not just as the most read free daily in the country, but for all papers.

"The Metro brand has solidified its leadership position from coast to coast," said McDonald. "Readers and advertisers alike turn to Metro first every day for information, ideas and inspiration."

Reaching out

- Metro Canada now reaches more than 1.1 million readers every day, an increase of 157,600 (17 per cent) over 2007.

- Weekly Metro readers in Halifax, Montreal, Ottawa, Toronto, Calgary, Edmonton and Vancouver total 2.26 million, or 12 per cent more than in 2007.

After just celebrating our second year in operation, Metro Calgary is excited to see our daily readership increase by 15 per cent. In the five-day cumulative average, Metro Calgary showed its biggest increase, climbing 48 per cent.

While rumours persist about the decline of newspaper readership, it's clear that Metro Calgary is beating that trend by showing a healthy increase, especially among the young, active, metropolitan reader," said Metro Alberta publisher Steve Shrout.

Calgarians have embraced Metro Calgary as their choice for free daily newspaper and we are eager to see what the future holds."



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Alleged gang member arrested

Well-known alleged gang member Jackie Tran was arrested yesterday after breaching the terms of his release, police said. Tran will be processed and turned over to the Canada Border Services Agency for a detention hearing either today or tomorrow. **METRO CALGARY**

Local



Challenged to avert disaster

Local filmmakers will square off tonight in what's called "the Iron Chef of film challenges." The Super 8 Filmmaker's challenge is about creating short films in the spirit of low budget, all of which must use the same basic narrative and thematic criteria. This year, the chosen theme is "disaster averted." It takes place at the Distillery Public House.

METRO CALGARY

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ROGERS

Tschetter upset with media coverage

COCHRANE Daniel Tschetter, a Cochrane man charged with five accounts of manslaughter after he crashed his cement truck into a car in a December 2008 incident, is criticizing media coverage of his trial.

"The media is so biased, it's sickening," he told the Cochrane Eagle, a weekly newspaper. **METRO CALGARY**

metronews.ca

What's online today.

Video Critics line up to pan Plan It Calgary as just another fad at [metronews.ca/local](#)

Video Researchers tout new breakthroughs in bio-fuels at [metronews.ca/local](#)

Blogs Love Bytes queries two women on same-sex relationships at [metronews.ca](#)



Lotteries

Lotto 6/49: 9, 16, 34, 42, 44 & 48 Bonus 13

These results are not official.

Pick-axe murderer gets life

Judge believes 19-year-old killer can turn life around in prison

SHAWN LOGAN
for Metro Calgary

ROBIN KUNIKSKI/FOR METRO CALGARY

The cold-blooded murder of Matt McKay has landed his killer a life sentence with no chance of parole for 10 years.

Judge Earl Wilson handed down the minimum sentence for Marko Miljevic yesterday at Calgary Court of Queen's Bench, saying plunging a pick axe into the 17-year-old's head at a house party two years ago was a senseless act that showed the killer had no understanding of the consequences of his actions.

Miljevic showed little emotion as Wilson delivered his sentence on the second-degree murder conviction, saying the killer has shown a tendency for violence and defiance, but felt he may be able to turn his life around in prison.

"You were mindless or thoughtless of the conse-



Miriam Kentel and Ken McKay, father of slain teen Matt McKay, outside after the sentencing of Marko Miljevic, 19. Miljevic struck Matt in the forehead with the pickaxe following a confrontation between a friend and McKay at a southeast Calgary party.

quences of your actions and you have destroyed so many lives," Wilson told Miljevic.

"There was no peer pressure involved in his homicidal action — it was his immature and selfish na-

ture," the judge said.

Mckay's father Ken said while the sentence provides some comfort, it will do nothing to fill the hole left by his murdered son.

"There isn't going to be any happiness for me be-

cause I lost my boy," he said, voice choked with emotion.

"The pain will never go away, that's just the way life is, so I've got to live with the hurt for the rest of my life."

Water meters for all by Jan. 1, 2010

SHAWN LOGAN
for Metro Calgary



CONSERVATION Calgarians clinging to flat rate accounts on their water bills will have to go with the water-meter flow sooner than expected.

In an effort to stay on course with Calgary's water conservation efforts, the city's utilities and environment committee agreed yesterday to change the deadline for mandatory water meters to Jan. 1, 2010.

The city had been aiming to convert the remaining 53,400 flat rate accounts to water meters by 2014, but had fallen behind schedule.

Nancy Stalker of the city's water services said a bylaw set to come back to committee in November must be approved, but once it's in place, the city will begin hitting neighbourhoods one at a time to make sure all households are switching over.

"We'll likely be going community by community," she said.

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metro

4 local

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Thursday, March 26, 2009

New slogan for Alberta

The Alberta government unveiled a new \$25-million slogan for the province yesterday reading "Freedom To Create. Spirit To Achieve." METRO CALGARY



Alanna Campbell, 19, and Leah Hallman, 22, hand out pro-life info on the University of Calgary campus. The pro-life group set up its display despite being charged for trespassing for doing so last fall.

Tensions rising at Calgary campus

Pro-life posters unnerving, students say

JENNIFER HILLIKER
for Metro Calgary

The pro-life group's posters displaying graphic images of genocide and unborn fetuses make the University of Calgary an un-friendly, tense place to be, according to some students.

Despite trespassing charges for refusing to turn the posters inward and the removal of their club status by the U of C Students' Union last fall, Campus Pro-

Life put up their posters again yesterday and intend to do it again today.

"They could be going about this in a better way," said history major David Wimbush, who signed a petition against the posters.

"Abortion is bad but they display images of historical events like genocide that are offensive. I think it's more harassment than an expression of their views. I've seen people having fights — campus is pretty tense right now."

Political science student

Paula Russel said the posters are negatively affecting the mental health of the university community and it's no longer a safe environment.

Chandler Kerr, a member of the pro-life group, disagrees with students like Wimbush and Russel and says his message isn't one of hate.

"People don't like our message, but they need to hear it," he said. "I believe the university has caved in to their complaints but we have a right to be here."

Water fluoridation debate set next month

WATER The city will debate water fluoridation for the first time in more than 10 years next month.

Five aldermen are bringing forth a notice of motion April 6 that asks city council to remove fluoride from Calgary's drinking water.

Ald. Druh Farrell says scrapping fluoride would improve health and save the city \$600,000 a year plus

up to \$5 million in mandatory upgrades to the fluoride systems at water treatment plants.

In 1998, 55 per cent of Calgarians chose to keep fluoride in water.

If the decision is reached to remove fluoride, the city will need permission from Alberta Environment to change the water purification licence. METRO CALGARY

Centre gives warning on 'canvasser'

FRAUD A disabilities resource centre is warning Calgarians to watch out for a phony canvasser. The centre said an elderly woman is going to the southwest communities of Woodbine and Braeside soliciting money, but they say they do not collect money this way.

METRO CALGARY

Crime reports flood CPS system

ALYSSA JULIE
for Metro Calgary

INTERNET Since its March launch, Calgarians have reported more than 8,400 theft and property crimes to the CPS online reporting system, police said yesterday.

The online system allows residents to report theft, property loss or vandalism under \$5,000 — all from their computers. This ex-

cludes auto theft and incidents with known or potentially identifiable suspects.

"There's many times the police will pick up people with a car-load of stolen goods and this way we can marry up the property with the victims," says Insp. Rob Williams.

An online crime-mapping feature that allows residents to trace the types of crimes committed in their area within the last six months is also available.

Airdrie gets skate park at long last

CITY It was announced yesterday that a long-awaited skateboard park in Airdrie will break ground this spring. The park will be at Chinook Winds and will add to Airdrie's plan of having one major recreation destination in each area of the city.

METRO CALGARY



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About 30 homes in St. Andrews, Man., about 20 kilometres northeast of Winnipeg, have been evacuated and firefighters are warning other residents to be ready to go. Ice jams on the Red River are causing water to back up over the banks, while frozen culverts are preventing the water from draining through the ditches. **CBC NEWS ONLINE**

Canada



Guilty verdict in Livent trial

Garth Drabinsky, left, and Myron Gottlieb have been found guilty of fraud and forgery at Livent Inc., the award-winning live theatre company they co-founded. Ontario Superior Court Justice Mary Lou Benotto delivered her judgment yesterday, 11 months after the trial began. The sentencing process will begin April 8.

TORSTAR NEWS SERVICE

IOC head ignores female ski jumpers

LAWSUIT Two female ski jumpers suing to participate in the Vancouver Olympics flew to Colorado yesterday to try to plead their case with the president of the IOC.

Jacques Rogge ignored the meeting request.

Canadian national team member Katie Willis told Metro yesterday she hoped meeting with Rogge might change the IOC's decision to bar female jumpers from the 2010 Games.

"We decided this would be a good last chance," said Willis, 17, who earlier this month added her name to the list of 15 plaintiffs suing VANOC. The jumpers are suing VANOC — not the IOC — alleging the committee is violating their rights to equality by not allowing them to compete in the Games.

METRO CANADA

Tories look to axe sentencing credits

The Conservative government says it will legislate an end to the practice that allows judges to calculate a "two-for-one" sentencing credit for time that prisoners spend in pre-trial custody.

Weeks after British Columbia justice officials made an impassioned appeal to Ottawa for the measure, Justice Minister Rob Nicholson said he would in-

duce legislation tomorrow to further curb judges' sentencing discretion.

Right now, judges can give credit for so-called "dead time" that offenders spend in detention centres prior to trial and sentencing. It's seen as a way to account for time served in cramped cells where there is no access to drug or alcohol treatment or other therapeutic programs provided

in long-term penitentiaries or provincial jails, while a case winds its way through the courts.

Defence lawyer Heather Pringle said the law would punish the poor.

"This legislation is simply political pandering, and its impact will be to unduly punish the poor who can't afford a release on bail prior to trial."

TORSTAR NEWS SERVICE

News in brief

SEA FLOOR Canada criticized France yesterday for trying to claim exploration rights off the eastern Canadian coast.

HOUSING Canadian home prices fell 2.4 per cent in January from a year earlier, according to the a report issued yesterday.

Home prices in Calgary suffered the biggest year over year drop, falling 8.2 per cent in January.

REUTERS

2010 Show of support



Papineau MP Justin Trudeau, wife Sophie Gregoire-Trudeau and their son, Xavier, stopped in at an event in Ottawa yesterday that was introducing the area's first torchbearer for the 2010 Olympics in Vancouver.

TRACEY TONG/METRO CANADA

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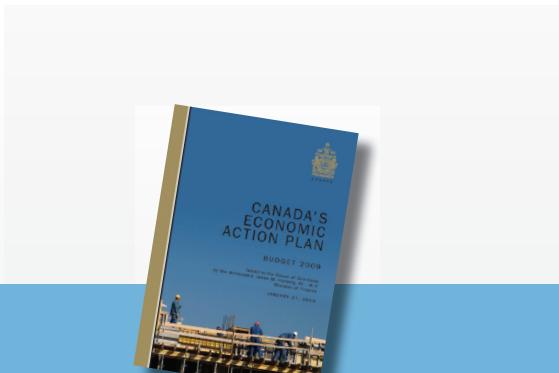
The Government of Canada has proposed new tax cuts that may benefit you.

If you're a first-time home buyer, or are thinking about renovating your home or making it more energy-efficient, **Canada's Economic Action Plan** has tax cuts for you.

- ACTION** The *Home Renovation Tax Credit* means savings of up to \$1,350 on renovations completed before next February.
- ACTION** The *First-Time Home Buyers' Tax Credit* means savings of up to \$750 on the closing costs of a first home.
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Canada's Economic Action Plan
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Manitoba is projecting a \$48-million budget surplus in 2009-10, bucking a trend that has seen the recession pushing other provinces into deficit. Its budget, presented yesterday includes a \$110-million dip into its fiscal reserve. **REUTERS**

CRTC opens door to allowing TV carriage fees

Canada's broadcast regulator said yesterday it may eventually accede to a request by struggling conventional television broadcasters that they be paid for the carriage of their signals by cable companies.

"Is the issue of fee-for-carriage dead? No, of course not. It will be raised

as part of the overall systemic rethinking over the summer," said Konrad von Finckenstein, chairman of the Canadian Radio-television and Telecommunications Commission.

"As part of the overall package there may very well be, or may not be, a fee for carriage. I can't pre-judge right now," he said,

adding that the issue would not be addressed at CRTC hearings late next month.

He acknowledged that conventional broadcasters, like Canwest Global Communications Corp. and CTV, owned by privately held CTvglobemedia, face an acute revenue crisis.

"One of the biggest buyers of ad time is the automotive industry, and as you all know General Motors and Chrysler are facing possible bankruptcy," he told a parliamentary committee looking at the effects of the television crisis on local programming.

He said conventional broadcasters could get \$235 million a year if they were paid for signals from

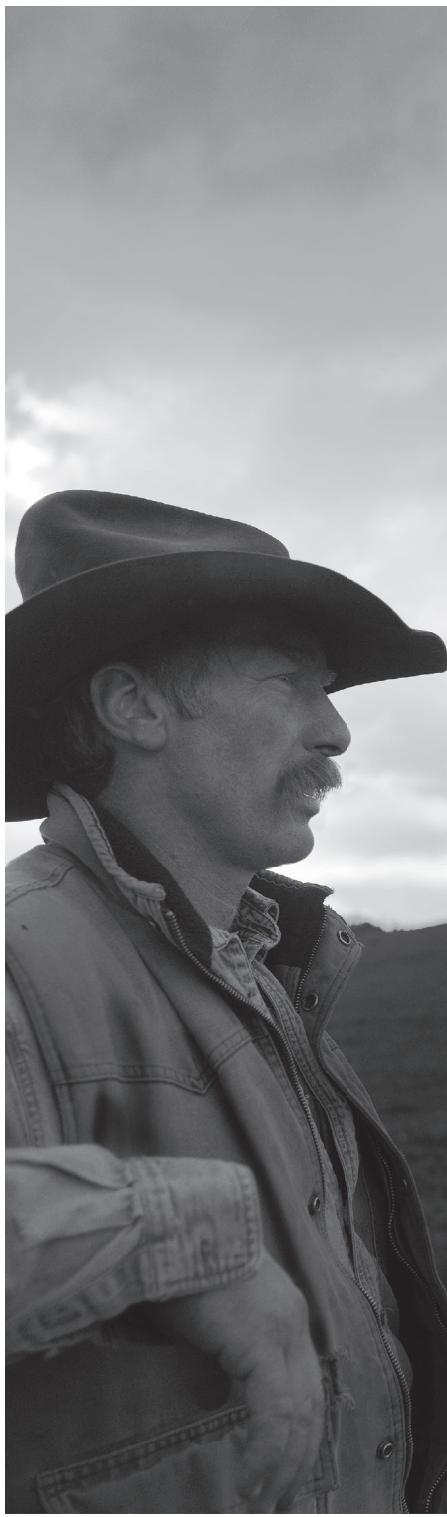
their local stations. If they were paid for all the signals carried, even in markets where they don't have local programming, they would receive \$600 million.

Rogers Communications Inc. and Shaw Communications Inc. would be among those who would have to pay for the broadcasting signals, but they would likely try to pass on most or all of the charges to consumers.

Von Finckenstein said the CRTC had rejected the fee-for-carriage idea, most recently last October, because local broadcasters had not convinced him that they would be able to guarantee local content.

REUTERS

Maybe we've been the strong, silent type for too long.



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Cancer Daffodil Month



Prime Minister Stephen Harper receives a bouquet of daffodils from seven-year-old cancer patient Dana El Sherif to mark the beginning of the Canadian Cancer Society's annual Daffodil Month, yesterday on Parliament Hill in Ottawa.

'Lots of cash' available, say Olympic organizers

VANCOUVER Organizers of the 2010 Winter Olympics have felt the pinch of the global credit crunch, but said yesterday that will not pose a problem because they are currently flush with cash.

The Vancouver Organizing Committee agreed to a request from Royal Bank of Canada late last year to temporarily cut its line of credit to \$30 million from \$95 million — an amount likely to be restored as the Games draw closer.

"The fact is we have lots of cash now, so it was an easy request to agree to," said David Cobb, VANOC's executive vice-president.

The committee said Royal Bank, which is also a sponsor, asked for the change as part of an effort

to tighten its own books amid the economic slowdown, and it did not reflect any concern about VANOC's financial condition.

The 2010 Games organizers reported on Wednesday they ended their last financial quarter with a \$53 million surplus, buoyed by strong domestic ticket sales and a payment from the International Olympic Committee.

VANOC has a \$1.7-billion operating budget for the Olympics and 2010 Paralympics, and has vowed it will not run a deficit, even though the economic crisis has cut the amount of money available from sponsors around the world.

REUTERS

Warning system engaged: Investigators

Safety investigators say the flight data recorder from last month's plane crash outside of Buffalo, N.Y., shows the stall warning system on the plane activated before the crash. No mechanical problems with the plane were found. **METRO NEWS SERVICES**

World



A meteoric breakthrough

Scientists for the first time have recovered meteorite pieces from an asteroid first observed in space — a stroke of luck that could prove valuable when tracking space rocks heading on a collision course toward Earth. The asteroid, called 2008 TC3, was initially tracked by astronomers as it entered the atmosphere and became a shooting star.

REUTERS

Clinton blames U.S. for drug wars

U.S. Secretary of State Hillary Clinton said yesterday that an "insatiable" appetite in the United States for illegal drugs was to blame for much of the violence plaguing Mexico.

Clinton will head to

Mexico for a two-day visit likely to be dominated by a drug war that killed 6,300 people in the country last year.

"Our insatiable demand for illegal drugs fuels the drug trade. Our inability to

prevent weapons from being illegally smuggled across the border to arm these criminals causes the death of police officers, soldiers and civilians," Clinton said.

Clinton will meet with

Mexican President Felipe Calderon and discuss a broad range of U.S.-Mexican issues, including immigration and trade. Her visit also includes a stop in the northern business city of Monterrey today. **REUTERS**

French manager held hostage as economic crisis grows deeper

FRANCE Workers at a factory operated by the U.S. firm 3M looked set to hold their French manager hostage for a second night in protest against plans to lay off half the staff.

The industrial director of the group, Luc Rousselet, was barricaded in an office on Tuesday evening and workers have refused to let him out until he agrees

to more favourable terms for the 110 employees who face the axe.

Unions said no agreement had been reached. They are demanding more money for departing staff, guarantees for those remaining and payment of salaries for those who went on strike over the redundancy plan.

Locking up managers is

becoming a tradition in French labour disputes, with police unwilling to intervene to avoid violence.

Social tensions are rising in France because of the economic crisis. More than two million people are already unemployed and hundreds of thousands more are expected to lose their jobs this year as the recession deepens. **REUTERS**

Suspects in security deaths released

NORTHERN IRELAND Five people, held over the killings of three members of the security forces in Northern Ireland, were freed yesterday by a court ruling that marked a challenge to Britain's tough anti-terrorism laws.

A sixth person remained in custody and has been re-arrested under anti-terrorism legislation.

REUTERS

More security

- The U.S. announced a \$184 million program to add security agents to border posts, stepping up searches for cartel smugglers.

Manila Protest at U.S. embassy



An activist grabs the stick of a riot policeman during a scuffle in Manila yesterday. The protesters denounced a treaty between the Philippines and the U.S. that allows troops to conduct military exercises in the country.

News in brief

GOVERNMENT Islamic Saudi Arabia, the world's biggest oil exporter, has no need for women members of parliament or elections, a senior prince said in remarks published yesterday.

MISSILES North Korea has positioned what is believed to be a Taepodong-2 long-range ballistic missile on its launch pad at a facility in Musudanri, Japan's Kyodo news agency reported yesterday, citing "sources close to Japan-U.S. relations." **REUTERS**

the Bay

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The shuttle Discovery astronauts left the International Space Station yesterday, floating back inside their ship after an eight-day visit to prepare the orbiting outpost for an additional three residents. Landing at the Kennedy Space Center in Florida is scheduled for Saturday. **REUTERS**

Babies Warm and comfy



Babies in the Netherlands sit in tummy tubs filled with water to cool down after a baby massage class held for young mothers. The "cooling down" segment is to simulate a womb-like environment for the infants to experience warmth and comfort.

Obama seeks support

U.S. President asks democrats to back budget plans

President Barack Obama personally lobbied fellow Democrats yesterday to support key initiatives in his \$3.55 trillion U.S. budget proposal even as lawmakers sought to trim it to reduce long-term deficits.

"It went great," a smiling

Obama told reporters after meeting with Democrats, who control Congress, for about an hour on Capitol Hill, where doubts over his huge spending plan for the fiscal year 2010 have been rising.

Obama's huddle with the senators was aimed at

bolstering support for budget priorities that would set national policy for the next five years. On Tuesday, he called the budget "inseparable" from his broader effort to pull the U.S. economy out of recession as the financial crisis continues to bite.

While any budget Congress passes would be non-binding, it does set the funding parameters for Obama's initiatives on issues including energy and healthcare and the size of budget deficits they would create.

REUTERS

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**UN wants
help for
poor nations**

WORLD AID The United Nations is urging 20 of the world's most powerful economies to support a \$1-trillion stimulus plan for developing countries when the 20 meet in London next month, UN officials said yesterday.

UN officials familiar with the plan said it was based on an estimate of the financing that developing countries will need in 2009 and 2010 to weather the financial crisis, adding that Secretary-General Ban Ki-moon had made the appeal in a letter to leaders of the Group of 20 nations.

REUTERS

**China's military
intentions
unclear: U.S.**

WASHINGTON China's limited transparency about its rapidly expanding military capabilities creates uncertainty and risks of miscalculation, the Pentagon said in a report yesterday.

The annual report to Congress on Chinese military power said China's People's Liberation Army has "left unclear to the international community the purposes and objectives of the PLA's evolving doctrine and capabilities."

The report comes just weeks after Chinese boats jostled with a U.S. Navy surveillance ship in the South China Sea in a confrontation that heightened tensions over Chinese military activities near its coasts.

REUTERS

News in brief

CAIRO Sudanese President Omar Hassan al-Bashir held talks in Cairo yesterday with Egypt's president, defying an arrest warrant issued by the International Criminal Court on charges of war crimes in Darfur.

REUTERS

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Comment & Views

Comment

Wading in ignorance

There is nothing but doomed love on an island of doubt

Relating

Andrea Woo

"Somebody said they saw you/The person you were kissing wasn't me/And I would never ask you/I just kept it to myself/I don't wanna know/If you're playing me, keep it on the low..." — Mario Winans, I Don't Wanna Know

There are those who would call Winans a pathetic chump, a clod so frightened by what lies in the murky depths of his sordid relationship that he opts to stay in the shallow end, wading blissfully in the

serene waters of his own ignorance.

Who, after all, wants to play the sucker while his or her partner dives headfirst into some illicit affair?

But to understand his point is not difficult. There is comfort, undoubtedly, in blinding oneself to the acerbic truths of a rocky relationship, choosing instead to take refuge in some alternate reality where passion is limitless and temptations are wholly eclipsed by an un-wavering love usually only articu-



On the web

- For more views on relating, go to Love Bytes at metronews.ca/blogs

lated by the greatest of po-
ets or the very, very drunk.

In this world, word is bond and life is easy. There are no sleepless nights or wandering minds, no red flags or question marks. Worries dissipate with the

long exhale of a sigh of relief.

But those who have come here before — to this land where people turn a blind eye to lying,

deception and infidelity — know it is not a place where anyone stays for very long.

It is a temporary hideout at best; at worst, an open field where salvageable relationships go to die.

With the exception of the truly neurotic and the painfully insecure, an unshakable sense of suspicion is seldom completely without merit. Something in the minds or the hearts of the wise makes them aware of this, and to ignore it is never a good idea.

Of those who pack up and flee, some will be called crazy — and indeed, they may be — but others will have done so knowing there is nothing but doomed love on an island of doubt.

Sorry, Winans.

Andrea Woo is a Vancouver-based news and entertainment reporter. She won this column in a carnival dart game.



Michael de Adder

Letters

City should be consistent with LRT parking fees

It may be old news, but the \$3 LRT parking fee is beginning to affect the free Northeast stations in a bad way.

The city needs to either get rid of this \$3 parking fee and raise the cost of ticket prices, or put the \$3 fee at all stations at the same time.

ADAM CYGMAN, CALGARY

Do opinions of constituents matter in a democracy?

Re: So much for free speech (March 24)

I agree with Lawrence Martin's column and I called Immigration Minister Jason Kenney's constituency office to let him know that banning George Galloway was ridiculous and deporting war resisters like Kim Rivera was wrong.

As I approached, I saw parking attendants ticketing one of at least 20 cars that was left wide open for them. I spoke with one of the attendants and asked if the lot was valid overflow parking and he said it wasn't. I asked where I should park and he told me to go to another LRT station.

Therein lies the problem. Because these fees are being implemented at some LRT stations and not others, it is creating an overcrowding problem at the no-fee stations. Now people are getting parking tickets when they have no

choice except to go to another station and cause the same problem for someone else. That's ridiculous. I live in the Rundle area so I should be able to park at the Rundle station.

The city needs to either get rid of this \$3 parking fee and raise the cost of ticket prices, or put the \$3 fee at all stations at the same time.

COLLETTE LEMIEUX, CALGARY

Views

ModernLife

Georgie Binks

Once upon a time there was a very brave man with an equally brave ex-wife. Every morning for three years the man ate breakfast at his former home. He and his ex-wife didn't much like each other but they loved their kids.

If you're divorced and share kids, you know these two deserve medals for extreme bravery — if for nothing more than keeping the corn flakes down.

I know previously married women and men who so hate each other they've missed everything from graduations to christenings.

Others humiliate non-paying ex-spouses to their children, while some battle issues like summer camp in court, something that makes Toronto to judge Harvey Brownstone wild. "I someone you hate, never took a who may not have course in law been a good school that told me what partner, as possibly camp their a good parent."

Judge Harvey

Brownstone's newly published

book Tug of War is a great wakeup call for warring parents — they should be handing it out in the maternity wards. Brownstone says parents should attend counselling, mediation — whatever it takes to get over their issues. "You have to see someone you hate, who may not have been a

good partner, as possibly a good parent."

In fact, with so many divorces, your relationship with your ex, if you have

kids, is likely the most important one you'll ever have, but the one for which you'll be the least prepared. And it isn't any easier with an adversarial legal process often fuelled by combative lawyers.

Calgary registered mediator Elaine Bucknum says parents need to view their new relationship as a business one — the business of raising healthy, well-functioning children. "You have a business you can't quit, so figure out a way to communicate and deal with issues."

You don't have to be phoney — just polite and respectful, says Bucknum. "Kids just want you to be friendly enough so they can love you both."

Still, many parents believe their ex is the one exception that makes it OK to ruin kids' birthday parties, criticize an ex in front of the kids and even fight over life-shattering events like camp in court.

Here's a trick. Ask your kid their favourite thing about your ex and keep that thought in your head. It just may help you get through the most awful relationship you'll ever have.

Or think corn flakes — it truly has been the breakfast of two champion parents.

Georgie Binks is a Toronto freelance writer who has written about gender and relationships for CBC.ca, Elle, Chatelaine and Homemakers; georgiebinks@rogers.com

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Canadians among most optimistic about economy: Report

Amid doom and gloom about the global recession, Canadians are among the most optimistic worldwide when it comes to their financial futures, says a new report. **CBC NEWS ONLINE**

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

CBC to slash 800 workers

Broadcaster predicting \$171M shortfall in 2009-2010

The CBC will cut up to 800 jobs and seek to sell assets to fight a growing financial shortfall caused by a sharp advertising downturn, it said yesterday.

The CBC, which has about 9,850 employees and receives more than \$1 billion a year in funding from the federal government, said it expects the shortfall to hit \$171 million in its 2009-2010 fiscal year.

"It's simply impossible to bridge a (financial) gap of this magnitude without having a major impact on people."

Hubert Lacroix, CBC chief executive

It said its projections assume the government will authorize \$125 million in asset sales. It blamed its woes on weak ad markets, higher costs, a base-salary funding shortfall and aging infrastructure.

"People are the foundation of our success," chief executive Hubert Lacroix said in a statement. "But in a company where 60 per cent of the overall budget goes to salaries, it's simply impossible to bridge a gap

REUTERS

of this magnitude without having a major impact on people."

The CBC also said it will scale back regional radio and TV programming and make cuts in news, drama, music and current affairs.

As well, the public broadcaster will cut executive compensation by up to 20 per cent, cut discretionary spending and reduce hiring.

CFOs find Obama's plans lacking: Survey

FINDINGS U.S. finance chiefs are mostly unimpressed by the Obama administration's efforts to stimulate the economy, but optimism about their own companies increased slightly for the first time in three years, a survey reported yesterday.

A majority of CFOs, 58 per cent, said their confidence in the economy has weakened since Obama's inauguration, according to the quarterly survey conducted by Financial Executives International and

Baruch College's Zicklin School of Business.

The survey, which interviewed 334 corporate CFOs, found optimism about the U.S. economy at an all-time low, with eight of 10 executives expecting no signs of a recovery until at least the first half of 2010. Among these, a third predict a recovery is even further away, possibly starting only in 2011.

Still, optimism about their own companies improved slightly to 58.9 per cent from 58.1.

REUTERS

Business in brief

U.S. New orders for long-lasting U.S.-made goods rose in February for the first time in seven months and new home sales rebounded, government reports showed yesterday, suggesting the economic downturn might be easing a bit in the United States.

HOSPITALITY Hotel investment across Canada fell 77 per cent to \$1.1 billion in 2008, according to a report yesterday by

Colliers International Hotels.

MEDIA The Houston Chronicle and the Atlanta Journal-Constitution, two of the largest U.S. newspapers, are cutting jobs, part of a growing trend to deal with ad revenue declines.

HOUSING In some U.S. markets, record-low mortgage rates and fallen prices have made buying cheaper than renting. **METRO NEWS SERVICES**

Brazil Stimulating housing



Brazil's Chief of Staff Dilma Rousseff talks during a ceremony to launch a housing plan at the Itamaraty Palace in Brasilia yesterday. The set of measures in the area of housing aims to stimulate the construction of a million homes across the country.



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Loonie down but rangebound

The Canadian dollar was down though rangebound yesterday as U.S. equity markets looked to open higher but oil prices were lower. **REUTERS**

EnCana pursuing oilsands expansion

Plans would produce 218,000 barrels a day

EnCana Corp. and ConocoPhillips are asking regulators to approve a 120,000 barrel-a-day expansion of the Christina Lake thermal oilsands project in Western Canada, according to documents filed with Alberta Environment.

EnCana and its partner are looking for environmental clearance for plans to expand the Christina Lake site in Alberta's northeast, one of the projects included in a joint venture the two companies formed in 2007.

The planned three new phases of the project will raise production to

"This is just setting the stage for the potential expansions, subject to prices and capital-expenditure (decisions)."

Carol Howes, EnCana

218,000 barrels a day, using steam-assisted gravity-drainage techniques, in which steam is pumped into the ground to liquefy the tar-like bitumen, which can then be pumped to the surface.

EnCana and Conoco

Phillips have slowed spending on their joint venture this year as they cut their capital budgets to cope with low oil and natural gas prices.

Carol Howes, a spokeswoman for EnCana, said no capital estimate has been given for the expansion project and filing for regulatory approval does not mean construction will soon begin.

"This just confirms the scope of the project," she said. "This is just setting the stage for the potential expansions, subject to prices and capital-expenditure (decisions)."

REUTERS

Billionaire set to make space history

SPACE U.S. billionaire Charles Simonyi will roar off into space aboard a Russian rocket today to make history as the first tourist to make the odyssey twice.

Hungarian-born Simonyi, who made much of his fortune developing software at Microsoft, will blast off from the Baikonur cosmodrome in the Kazakh steppe to dock with the International Space Station two days later.

He will travel to the ISS with Russia's Gennady Padalka and U.S. astronaut Michael Barratt.

Simonyi is set to return to earth on April 7.

REUTERS

Solar facility to create 1,200 jobs

GREEN ENERGY Four entrepreneurs from Toronto announced an ambitious plan yesterday to build a \$500-million solar-module manufacturing facility in Kingston, Ont., an investment that is expected to create 1,200 direct and indirect "green-collar" jobs in the area.

TORSTAR NEWS SERVICE

Business in brief

LAND Starbucks Corp. moved in when high-density housing developments were springing up in California's Inland Empire,

but now the area is known for its leading role in the housing bust, and the company is feeling the pinch.

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Cyclist Lance Armstrong is recovering from surgery yesterday on his broken collarbone. A steel plate and 12 screws were inserted to stabilize the collarbone, but Armstrong said he still hopes to ride in the Giro d'Italia in May and the Tour de France in July. METRO NEWS SERVICES

Sports



"There is a grave danger ... and that is match-fixing ... Buying players and referees is what worries me."

UEFA president Michel Platini, left, at the UEFA congress in Denmark yesterday. Platini said match-fixing is international soccer's biggest problem.

METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

How sweep it is for Hitmen

LAURENCE HEINEN
for Metro Calgary



WHL RESULT

Oil Kings 1 Hitmen 4

WHL The Calgary Hitmen punched their ticket into the second round of Western Hockey League playoffs thanks to a 4-1 win over the Edmonton Oil Kings last night.

seconds apart in the third. "It felt great to get the game winner and be able to sleep in our own beds tonight," Foucault said.

Kris Foucault rallied the Hitmen from a 1-0 deficit with two goals in the second period, while Kyle Boris and Brandon Kozun added insurance goals 33

seconds apart in the third.

"It felt great to get the

game winner and be able to

sleep in our own beds

tonight," Foucault said.

Calgary netminder Martin Jones, who was recently named the ADT Canadian Hockey League Goalie of the Week, made 19 saves for his fourth straight win.

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for Metro Calgary

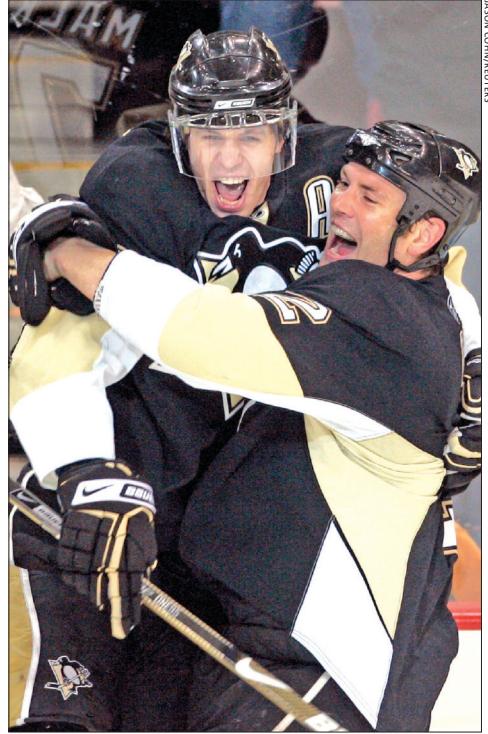
THE SKINNY: Pittsburgh goalie Marc-Andre Fleury stopped all 31 shots he faced to lead the Penguins past the Flames, who had not been shut out since an opening-night 6-0 setback to the Vancouver Canucks.

THE CROSBY FACTOR: Sidney Crosby made his presence felt when he set up Kris Letang for a power-play goal at 8:20 of the first period. On the play, Crosby kicked the puck from his skate to his stick before threading a cross-crease pass to Letang, who had an easy tap-in for his ninth of the season.

THE BIG SAVES: In the second period, Fleury turned aside a pair of quality scoring chances by Curtis Glencross before getting in front of a heavy slap shot off the stick of Jarome Iginla.

THE QUOTE : "He definitely stood on his head all night," Glencross said of Fleury during a post-game interview on the Fan 960. "We had quite a few chances. We've just got to bear down on them."¹

THE RARE GOAL: With Calgary pressing to tie the game in the final frame, defenceman Rob Scuderi broke up a Calgary rush and passed the puck to



Pittsburgh Penguins Evgeni Malkin, left, and Hal Gill celebrate Gill's goal against Calgary Flames last night in Pittsburgh.

Evgeni Malkin. Instead of shooting, Malkin dropped the puck to blue-liner Hal Gill who wired a shot into the top corner behind Miikka Kiprusoff for his first goal in 26 games and just his second of the season.

THE POWER-LESS PLAY: Calgary failed to score on five man-advantage situations although a lot of the credit has to go to Fleury, who seemed to be in the right spot to stop the puck all night.

THE RACE: With nine games left to play, the Flames are just three points ahead of the Canucks for top spot in the Northwest Division and Vancouver has a game in hand.

THE NEXT GAME: The Flames don't have much time to catch their breath as they travel to Columbus play the surging Blue Jackets tonight (5 p.m., Rogers Sportsnet, Fan 960).

Gerber's suspension leaves Leafs scrambling to fill net

NHL The goaltending depth within the Maple Leafs organization will be put to the test over the next week as the club attempts to fill in for the suspended Martin Gerber while keeping the Marlies viable in a tight playoff race in the American Hockey League's North Division.

The Leafs called up Justin Pogge, the Marlies' No.1 goalie, after Gerber received an automatic three-game suspension from the NHL yesterday for abusing an of-

ficial during Tuesday's 3-2 shootout win over Washington.

Gerber was controlling the puck under one of his pads when Washington's Brooks Laich crashed the crease and the puck went across the line and was ruled a goal.

An incensed Gerber bumped referee Mike Leggo and fired a puck in his direction. The latter warrants an automatic three-game suspension under NHL Rule 41.4.

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Lions re-sign Glatt

The B.C. Lions re-signed CFL all-star linebacker Javier Glatt to a contract extension yesterday. In 2008, Glatt led the Lions with 88 tackles, which ranked him fourth in the CFL. METRO NEWS SERVICES

Give Kipper a break

The Flames are dismissing suggestions goalie Miikka Kiprusoff is overworked and tired. In every story about the subject, Kiprusoff is the first person quoted, saying he's fine and used to the workload. Then coach Mike Keenan says all's well and fine with Kipper.

Problem is, I don't see any doctors or statisticians quoted in these stories, so you'll have to excuse me if I think they're blowing smoke.

Ask any trucker what he thinks of the regulations capping the amount of time he can spend on a highway and he'll say it's bogus.

But the fact remains, the law says truckers can't drive longer than 14 hours in a shift or more than 60 hours in a seven-day period. Facts and studies have shown, a trucker driving past these limits has a diminished sense or alertness and reaction time.

Yet go ask a trucker if he's capable of pushing his rig for 20 hours in a shift and he'll tell you yes, absolutely.

So should we believe Kipper when he says he's perfectly fine, that he appreciates the hectic workload and that he's willing and able to play every game.

I can believe he believes

The Hockey News

Brian Costello

thehockeynews.com

it, but we shouldn't think it's a true and accurate self-assessment. Nor should the Flames. The facts speak for themselves.

For as many incredible saves as Kiprusoff has made in recent weeks, he has also let in some softies. That's a sign he's wearing down, like he has previously in April. Consider the long-term facts. In each of the past three seasons, playing 74, 74 and 76 games, Kiprusoff's goals-against average went up and save percentage went down in the playoffs.

When Kiprusoff guided Calgary to the Cup final in 2004, he played just 38 games during the regular season.

There has to be a reason why Patrick Roy never played more than 68 regular season games a year. Dominik Hasek averaged 65 games all those years he won the Vezina. Even Martin Brodeur has longer playoff runs when he limits himself to the low 70s.

So why are the Flames allowing Kiprusoff to play a

prorated 76 games? Is it because a Kipper at 80 per cent is better than Curtis McIlhinney at 100 per cent?

Perhaps, but who's going to be accountable if Kipper's playoff numbers sag a fourth straight year?

The Hockey News
ethn.com

NHL The thrill of victory, the agony of defeat



Carolina Hurricanes players celebrate Anton Babchuk's winning goal against the Ottawa Senators goaltender Brian Elliott yesterday.

ELLEN OTTER/REUTERS

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Stanley Home Designs offers its new accent line in Satin Nickel as well. Both items are available where Stanley products are sold. METRO NEWS SERVICES

Metro Homes

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA



Petal power

Brand new cotton threads for your bed

COMFORTING Ruffled blossoms burst from a crisp canvas of white cotton and embroidered foliage in Anthropologie's new top-of-bed threads. Ibbie 300-thread-count cotton percale queen duvet is about \$309. Standard shams around \$110 per pair. See anthropologie.com

—BRETT WALther

Waterford Wedgwood resurrects the triumph that launched the career of the world's most famous potter.

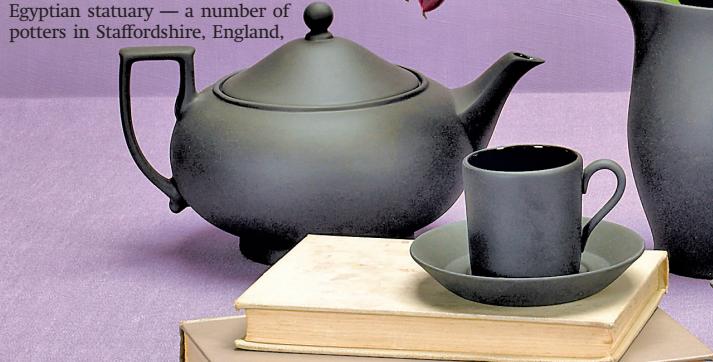
The scene

In the 18th century, the designers of the day were quite literally digging up inspiration. The rage for everything neoclassical was ignited by archeological finds at Pompeii and Herculaneum, creating an insatiable demand for decorative objects depicting ancient Greek, Roman and Egyptian figures and motifs. In an attempt to mimic basalt — a stone used in Egyptian statuary — a number of potters in Staffordshire, England,

had begun making crude black earthenware vases and tableware known as Egyptian Black.

Enter the inventor

Having established his own factory in Staffordshire in 1759, Josiah Wedgwood was a pioneer among potters — a tireless inventor intent on elevating



Egyptian Black to a contemporary classic. In 1768, he succeeded with his fine-grain, unglazed black stoneware, which he christened black basalt. Made from Staffordshire clay and stained with cobalt and manganese oxides, the exceptionally smooth, porcelain-like finish and rich hue of black basalt launched Wedgwood onto the world stage.

Today

To mark Wedgwood's 250th anniversary, Waterford

Accents

No matter what your budget, get a fresh new look by simply replacing worn, dingy kitchen cabinet knobs and pulls with Egyptian Bronze selections from the Stanley Home Designs decorative hardware line.

METRO NEWS SERVICES

Wedgwood has released a collection of black basalt.

"They're simple and elegant, and mix and match well with other pieces," says Martha McKee, vice-president of media and communications for Waterford Wedgwood Canada and a confessed black basalt junkie.

Select pieces from Martha's own collection are being shown in the "Wedgwood: Artistry and Innovation" exhibition at the Royal Ontario Museum (rom.on.ca) on display until July 5, 2009.

—WRITTEN

AND PRODUCED BY BRETT WALther

Black basalt traditional teapot, \$360; espresso cup and saucer, \$185 per set; 650 ml jug, \$220; cream cup \$160; covered sugar cup, \$185. All designs by Waterford Wedgwood, waterford-wedgwood.ca.

Decor

Read more in the April issue of **STYLE AT HOME** magazine.
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CANADA'S
styleathome



Hunker down, it's spring cleaning time

HomeScape

Sylvia Putz

metronews.ca/homescape

greening of grasses in the fields, for the first tender leaves of perennials in my garden.

The only problem is, I can't see a thing through my smudged, winter-weary windows.

Which brings me to the topic of spring cleaning. And let me assure you, I'm not normally one of those people who get excited at the prospect of madly scrubbing down the house every spring. But those grimy windows always get to me.

I'll start with the windows, and then be drawn to other areas that have been accumulating dirt.

The problem with spring cleaning is that the urge grows, and leads you to new places to clean and reorganize. Soon you'll want to clean from stem to stern, and to reorganize every drawer and cabinet, so that everything is spotless and perfectly organized.

But those good intentions are often left abandoned, partially finished. It's a big job and it overwhelms. Let's face it, almost every house has places where dirt creeps, where dustbunnies grow and where single socks accumulate. The problem is that, for many of us, there is no end to things that could be cleaned, reorganized, laundered and polished.

To make the job less daunting, try to keep clutter to a minimum year-round. That way, it is easier to clean on a regular basis.

minimizing the level of dirt and dust that accumulates before spring cleaning time. And do establish a weekly

cleaning routine and perhaps a list of less-frequently needed chores to complete on a monthly basis. That way, you are not stuck with a huge depressing mess when you decide to tackle the winter's dirt.

And when spring rolls around, do yourself a favour and strictly define the scope of the job. Limit yourself to cleaning away the winter from your house. Put away the coats, hats and mittens and for now, tackle mostly the grime associated with wet boots and the accumulated dirt of a season in which we spend more time indoors. And go after those areas that are not part of your weekly cleaning routine.

Finally, do only what you think is important and not what your Aunt Zelda insists should be done. Spring cleaning is all about welcoming the sunny season

with open arms. Here is my list which you may embrace, use partially, or not at all.

1. Launder and put away winter clothing. (But wait till winter has definitely departed.)

2. Clean those windows and let the glorious sun shine through.

3. Put on your favourite music and do one room at a time:

- Start from the ceiling and work down. Dust the ceiling and ceiling fan, if you have it, the corners between the ceiling and walls and spot clean any dirt on the wall, cabinets and the backsplash in the kitchen;

- Wipe down switchplates, door knobs and do not forget to wipe air vents;

- Wipe baseboards and the corners of the floor. Pay special attention to closet areas where winter coats and boots were stored;

- Vacuum upholstered furniture and if dirty, spot clean;

- Dust art and wipe the



Stick to your goals when doing your spring cleaning.

frames and glass covering pictures or photos with a slightly moistened cloth;

- Wipe down lamp bases and dust shades, and any knick-knacks;

- Vacuum upholstered furniture and if dirty, spot clean;

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

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Green homes

For tips on how to live green, Sarah Snow's *Fresh Living: The Essential Room-by-Room Guide to a Greener, Healthier Family and Home* (Bantam) is the book for you. It was released this week, see Amazon.ca for more. **METRO NEWS SERVICES**



Making your home eco-friendly

RAFAEL BRUSILOW
for Metro Canada

From solar-powered garden lights to patio furniture made from recycled plastics, living green at home is easier, and cheaper, than you may think.

"Living an eco-friendly lifestyle doesn't have to cost a lot of money and it can actually save you money while saving the environment," said Kate Dobrucki, a spokesperson for the Designs for Living Home & Garden Show.

Creative eco-friendly options start outdoors with recycled patio furniture, produced from the husks of plastic milk, juice and water bottles. The furniture looks pretty snazzy, is as strong as regular patio furniture and weathers exceptionally well, making it a great way to have an eco-friendly backyard.

Rain barrels placed below the gutters from your roof can let you save hundreds of gallons of rain water for watering your lawn rather than letting it wash over your driveway or sink into the soil near your foundation.

For things like garden lights, why bother paying to power them at all when you can let nature do it for free? Solar-powered

garden lights can let you enjoy an outdoor evening on your patio without having to flip a switch.

"During the day when the sun is out, the lights collect sunlight and then in the evening you can have your garden lit up with no electricity required," Dobrucki said.

As for in-home energy saving solutions, Dobrucki says many are actually a lot easier to do than people think.

Most modern thermostats let you turn down your heat when you're not at home so make sure to replace yours with a programmable one to help you save energy.

Incorrectly placed insulation can make a big difference in energy costs as well, Dobrucki says, so consulting an expert to see if there are key places where you need to add more or rearrange your current insulation more efficiently can be beneficial and initial home inspections are often free.

That ancient second fridge in the basement is an energy hog as well, wasting up to \$120-\$150 every year in energy costs and often filled with questionable remnants of long-forgotten food. It's a good idea to take a look at whether the scraps you're keeping in your second fridge are truly worth run-

EarthHour

ning up your energy bill. "How much of that food is freezer-burned, how long has it been sitting

there and are you going to actually eat it?" Dobrucki said.

Most hydro providers across Canada have refrigerator pickup or recycling programs making it easy to get rid of your old clunker.

"Living an eco-friendly lifestyle doesn't have to cost a lot of money and it can actually save you money while saving the environment."

Kate Dobrucki, from the Designs for Living Home & Garden Show



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While these solar panels may not be feasible for the average home, solar powered garden lights are — and they can light up your garden at night for free once you buy them.

All trees produce sap, but maple trees produce greater quantities with a sweeter taste. It takes on average, 40 litres of sap to make 1 litre of syrup. METRO NEWS SERVICES

Food

The main syrup-producing trees are sugar maples, red maples and silver maples.

BARB HOLLAND/FOR METRO CANADA



One tree

During the maple sugaring season an average tree yields between 35 and 50 litres of sap, this will produce between 1 and 1.5 litres of maple syrup.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

The secret's in the syrup

À la carte



Barb Holland

metronews.ca/alaclarte

It's finally spring and that heralds many things — shedding heavy clothing for one, and celebrating maple syrup season for another.

Canada produces about 85 per cent of the world's maple syrup and sells to nearly 45 countries. The majority comes from Quebec, by far the world's largest producer, with about 75 per cent of world production. Ontario, New Brunswick and

Nova Scotia produce smaller amounts. Vermont is the largest U.S. producer along with other northeastern states.

Maple syrup is graded as: Canada #1: Extra Light, Light and Medium (for table use); Canada #2: Amber (stronger flavour, ideal for cooking), Canada #3: Dark (for commercial use only).

Beyond pancakes and waffles, maple syrup is tasty in many things, as these squares will attest. Be sure to buy Canadian and check the label says pure maple syrup.

Maple Walnut Oat Squares

Other nuts can be used in place of walnuts or add dried cranberries or raisins



Beyond pancakes and waffles, maple syrup is tasty in many things, as these squares will attest.

if you prefer. Makes 18 squares.

INGREDIENTS:

- 1/3 cup (75 ml) butter
- 1 cup (250 ml) pure maple syrup
- 2 cups (500 ml) rolled oats

- 1/2 cup (125 ml) chopped walnuts
- 1 egg, lightly beaten

METHOD:

Line a 9-inch (23-cm) square baking pan with a parchment paper sling (a few inches of paper hanging over two ends). Spray the other 2 sides with non-stick cooking spray. Pre-heat oven to 375°F (190°C).

In medium saucepan, bring butter and maple syrup to a boil over medium heat, stirring constantly. Continue cooking for 3 minutes.

Remove from heat and stir in oats, walnuts and egg, mixing well. Spread evenly in prepared pan. Bake 20 to 25 minutes, or until lightly browned.

Cool 10 minutes or wire rack. Run a thin metal spatula around edges. Use the parchment paper over-

hanging ends to lift the entire slab to a wire rack to cool completely. Cut into squares. Refrigerate, if desired, to firm up.

Tips:

- Store maple syrup in the refrigerator.
- During the growing season, maple trees accumulate starch. With the spring thaw, enzymes change this starch into sugar which mixes with the water absorbed through the roots, importing a slightly sweet taste.

Maple sap contains water (about 97 per cent), minerals, organic acids and a mild maple flavour. In early March, the sap starts to run for about six to eight weeks.

In medium saucepan, bring butter and maple syrup to a boil over medium heat, stirring constantly. Continue cooking for 3 minutes.

Remove from heat and stir in oats, walnuts and egg, mixing well. Spread evenly in prepared pan. Bake 20 to 25 minutes, or until lightly browned.

Cool 10 minutes or wire rack. Run a thin metal spatula around edges. Use the parchment paper over-

Liquid Assets

Peter Rockwell



metronews.ca/liquidassets

Eco-sipping

Earth Hour

Truth be told, organic booze takes up more grey area on the shelf than it does green. The problem is standards.

International regulations as to what really constitutes an organic product vary considerably; with consumers and retailers alike using the term to cover just about anything with a flower on the label.

When it comes to wine there are very few made with one hundred per cent organic juice. The grapes may be organically grown (using biodynamic farming methods and no chemicals in the vineyard) but there can still be limited artificial stabilization used during the actual winemaking.

Not to downplay how serious many wineries are in gaining (and keeping) their organic status. History tells the best tales and there isn't a winemaker with more time to the cause (or with more varietal variety) than California's **Bonterra Vineyards**.

Their 2006 Zinfandel (\$18.95 - \$21.99) is rich and aromatic with loads of dark chocolate and warm earthiness that would make a perfect partner for beef.

On the spirit side you can make your martinis au naturel with **Square One Vodka** (\$40.59 - \$52.99). Made with organically grown American rye it's a smooth, silky vodka that loses nothing in the translation.

Prices reflect the range across the country. Some products may not be available in all provinces.

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Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Tune in tonight

A new documentary series airing on CBC Television, *The Great Food Revolution: A Citizen's Guide to Eating in the 21st Century*, takes viewers on a gastronomic journey and explores how we have transformed the way we eat, drink and think about food. The four-part series concludes tonight at 8 p.m. METRO NEWS SERVICES

INSPIRED; VERY GOOD; PALATABLE; HO-HUM; NEVER AGAIN

Middling at Milestones

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Carla Ciccone

metronews.ca/lunchrush

Milestones
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milestones
restaurants.com

Hours of operation: Monday – Sunday, 11 a.m. – 11 p.m. (kitchen closes)

Rating: **●●●**

Price range: **\$**

Reservations: Yes

Client negotiations: Yes

Lunch w/co-workers: Yes

Social Lunch: Yes

Quick solo lunch: Yes

Time in: 12:00 p.m.

Ordered: 12:15 p.m.

Food arrived: 12:25 p.m.

Time out: 12:50 p.m.

Total time: 50 minutes

Low \$: Roasted corn and potato chowder, \$6.49

High \$: Canada AAA New York Striploin, \$30.99

Lunch menu: Same Menu

"Milestones'
lengthy menu could
be trimmed a bit to
focus on quality
over quantity."

Daily, different daily soups

Licensed: Yes

Take a gander around popular Canadian restaurant chain Milestones and you'll see quite the mixed crowd. With large booths and many eating areas, and a lounge with TVs playing sports all day and night, Milestones accommodates many types of parties — from families to couples, groups of business to coworkers.

The menu, like the customers, is also a mixed bag. Influences of American, Asian, Italian, Mediterranean and even traditional comfort foods like meatloaf, give customers a wide variety to choose from. Although a bit overwhelmed by the many options, I ended up with the Grilled Chicken



Although a bit overwhelmed by the many options, I ended up with the Grilled Chicken Pesto Fettuccini (\$13.59).

Pesto Fettuccini (\$13.59). It was pretty tasty — the pesto was pleasant, but not overwhelming, and the chicken grilled nicely.

The portion size was actually quite large, although dwarfed by the massive plate the meal was served in. My lunch companions, my sister Vanessa, and my dad, were not as impressed by their lunch choices. Vanessa opted for a stir fry that was lacking in flavour and overall it was an agreeable, quick meal and a good lunch spot.

brunch item and an orange juice that he felt was much too large for human consumption.

While the meal was good, Milestones is not overly exciting or unique. Like many chains, it lacks a certain charm, and its lengthy menu could be trimmed a bit to focus on quality over quantity.

However, the servers are very accommodating and overall it was an agreeable, quick meal and a good lunch spot.

Cake for the working class

If there was one thing that the First World War taught Canadian cooks, it was how to be frugal.

With water as one of its prime ingredients, Economy Cake was a dessert that was resurrected during the Great Depression and found its way to many a Canadian table. The baker needed no eggs and no milk, and some versions even omitted butter and used only lard.



Economy Cake.

Economy cake

Also known as Poverty Cake, Poor Man's Cake or — a favourite — Mom's Minus Cake, this costs pennies to make and tastes pretty good. Adapted from How We Do It, Budget-Designed Recipes from the 1930's, a collection of recipes gathered from Montreal homemakers.

INGREDIENTS:

- 1/2 lb (226 g) raisins
- 1 cup (250 ml) brown sugar
- 1 cup (250 ml) cold water
- 1-1/2 tbsp (7 ml) each: butter, lard
- 1-1/2 tsp (7 ml) cinnamon
- 1-1/2 tsp (7 ml) salt
- 1-1/2 cups (375 ml) all-

purpose flour

• 1/2 tsp (2 ml) baking soda

METHOD:

Bring first seven ingredients to boil on high heat in medium pot; reduce heat to medium-low and simmer 15 minutes. Cool.

Sift flour and baking soda together. Add to raisin mixture; mix well.

Bake in a greased 9-inch cake pan in 325F oven for 30 to 40 minutes, until cake tester inserted in middle comes out clean.

TORSTAR NEWS SERVICE

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Style

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA



Put your green foot forward

Starting next month, Payless ShoeSource stores across Canada will sell fresh green fashions at affordable prices. Their newest line, *Zoe & Zac*, offers on-trend footwear and accessories averaging about \$50 per item. The line features eco-friendly materials such as organic cottons and linen, natural hemp, recycled outsoles and eco-smart packaging. From the *Zoe & Zac* collection is the *Tigerlily Espadrille Wedge*, left, \$44.99.

METRO NEWS SERVICES

Second life garments

Sustainable fashion is the future, say eco-friendly designers

PATRICIA D'CUNHA
for Metro Canada

The fashion gods are all clear about one thing — clothes are designed to make people look good.

But, what if looking good can also be eco-friendly? That's a concept some designers have embraced in recent years, but it's yet to envelop mainstream.

Eco-friendly clothes are sustainable and recyclable, in that something that was once a throwaway can now be turned into something new. "Sustainable clothing is a movement away from fashion as a disposable commodity," says Canadian designer Kim Munson, founder of Nova Scotia-based Orphanage Clothing. "In the case of Orphanage, one that is extending the life of used textiles."

But, this concept is not entirely applicable to vintage clothing; it's also about not using synthetic fibres, which do not decompose. "Big box retail leads to the consumption of fashion, which in turn leads to more discarded clothing, which ends up in the landfills," Munson explains.

"My biggest thing with sustainability is that it's not a trend, it's very common and it's the future," says Julia Grieve, founder of Preloved, the store and fashion label that creates one-of-a-kind clothing from reclaimed vintage fabrics. Grieve began her career as a model and then started Preloved in 1995. Along the way, she also worked as a fashion editor and writer, and has made appearances on television shows, such as *Diva* on a Dime and *Project Runway Canada* season two.

"I always call myself the accidental environmentalist," Grieve laughs. "We were doing all this good without even knowing it. In one season, we'll recycle over 80,000 sweaters just to produce our sweater collection."



"You get the people who get freaked out that the dress they just purchased was once a trench coat worn by someone else."

Kim Munson, founder of Orphanage Clothing

Grieve says their line is fashion-forward, with attention paid to style and detail. "Our line is always based on fashion first ... the sustainable side is just the cherry on the top."

Munson, who actually worked at Preloved when she was fresh out of design school, calls the store the "grandfather" of the sustainable clothing method in Canada.

Her own clothing line was founded in 2003, and can be summed up as "edgy streetwear" that is timeless and with a flawless cut. Munson always had an affinity for changing up her clothing. Her mother had a clothing line as well, while her grandmother made

clothes out of unwanted garments. "You could say it runs in the family," she explains.

Munson says most people think that sustainable clothing lacks in quality and style. But that misconception most always turns into a pleasant surprise. "You get the people who get freaked out that the dress they just purchased was once a trench coat worn by someone else," she says.

Grieve agrees. She says people are often over-the-top when they find out that a dress Preloved designed is made from two different pairs of old trousers and two curtains. "Oh my god, it is so cool," customers often say to her.

While the clothing is eco-friendly, it does cost

LEFT: Issa (skirt), \$139, Preloved.



PHOTOS COURTESY OF PRELOVED AND ORPHANAGE CLOTHING

EarthHour

more to make fashion from reclaimed clothing. "There is a deconstruction phase that happens first. It's a whole other phase that doesn't happen when you're just using regular fabric," says Grieve.

But both Grieve and Munson say that their lines are affordable for the everyday consumer.

Locations

- For Preloved clothing, visit Junk Star Vintage, 12-718 Ave. SW.
- For Orphanage Clothing styles, visit Tapestry, 313 19th St. NW.



A pair that makes a strong statement: Spring's Highlands ranch shoe, \$39.99 and Brech clutch, \$24.99. Visit myspringshoes.com for more details.

Spring unites matching handbags and shoes

Handbag, meet your long-lost sibling, footwear.

It's been a long time since shoes and bags have paired up in matching colours and materials. But this spring, the two are about to be reacquainted, trotting out together harmoniously as a perfectly matched set.

Back in 1997, a little bag named the Fendi Baguette struck out on its own and became a sensation, a move that sparked the phenomenon of the "It" bag.

Soon other designer bags were doing solo shows with oversized logos, heavy hardware and a riotous mix of gewgaws. Suddenly every season, there seemed to be a new "It" bag. And designers and retailers quickly learned that this exciting, sexy category gave new meaning to the phrase "money-bags," as it filled company coffers. Shoes were, well, left trailing behind.

Helping to widen the gap between shoes and bags was a weekly fashion "magazine" called *Sex and the City*, a show that celebrated maximalist fashion — clothes and accessories that revelled in a mix-it-any-which-way and pile-it-all-on exuberance. It sparked a way of dressing in which no one wanted anything that even remotely matched. It looked modern and showed confidence to play mixmaster.

Then came the backlash against "It" bags. Customers grew tired of the rapid turnover, the exorbitant prices and the scarily authentic-looking knock-offs. As fashion went looking for the next "It" thing,

shoes stepped forward from the wings like an understudy waiting for a moment in the spotlight.

And what a performance it was. In the past year, shoes rose to outlandish heights, figuratively and literally. Heels were skyscraper-high, architecturally sculpted and fantastical-surreal.

Shoes were items whose very existence was based on functionality, but the question of whether you could walk in them became irrelevant. When models — people who walk for a living — were tumbling like bowling pins on the runways, it looked like the incredible shoe gig might be up.

The slowing economy expedited the trend away from all this exuberance. In just the past few months, the world has become a different place. And fashion has realized that a single outfit can only support so many outrageous accessories. Women are weary of the mashup.

So, as we enter more frugal times, the pendulum is swinging back to looks that are polished, pulled together and co-ordinated for today's sober reality.

Once again, handbags and shoes are ready to share the limelight as ensemble players.

TORSTAR NEWS SERVICE

FlareFashion

Lisa Tant

Read the blog at metronews.ca/flarefashion



Pantene's new face

Pantene has chosen Padma Lakshmi, host of Food Network's Top Chef, as the face of its newest hair collection. **METRO NEWS SERVICE**

Rock 'n' roll soles

Latest Converse designs feature music imagery

SOFI PAPAMARKO
for Metro Canada

With the release of its spring collection, Converse has revealed its decidedly rock 'n' roll soles.

The brand's latest designs, hailing from its Music Collaboration Collection, feature imagery from some of the great heavyweights of Brit-rock, including The Who, Pink Floyd and Metal God-turned-reality-television-star Ozzy Osbourne.

Additionally, Converse commissioned a number of artists and musicians—Lupe Fiasco and U2's The Edge among them—to "At some point, every rock singer and musician has worn Chucks."

Fiasco's Patrick Kavanagh, bilingual shoe director of sales and marketing at Converse Canada while The Edge's contribution is an op-art study of geometry as inspired by the points and angles of the Converse star logo. Both limited edition styles are available for purchase beginning this month and all proceeds will go towards Bono's Global Fund.

The Converse Music Collaboration Collection has previously paid homage to Black Sabbath, The Doors and The Grateful Dead.

But what, exactly, is the connection between footwear and music?

"At some point, every rock singer and musician has worn Chucks," explains Patrick Kavanagh, director of sales and marketing for Converse Canada. "When you put on Chucks, they make you feel free."



LEFT: Converse PRODUCT (RED) Chuck Taylor 100 Edgez Of A Star High-Top by The Edge, \$80.

Indeed, Chuck Taylors have often been the footwear of choice for noteworthy musicians. The iconic canvas sneaker has outfitted everyone from Kurt Cobain to Phil Collins, from Tom Petty and Joan Jett to Jason Mraz. Invented nearly 100 years ago as basketball shoes, Chuck Taylors (nicknamed for the athlete who eventually espoused them) are the antithesis of trendy, high-priced footwear. The shoe's casual low-maintenance comfort speaks to certain lifestyles.

The Ozzy Osbourne design features doodles of the Ozman as both an angel and a devil (\$80 - \$130). The Pink Floyd shoes showcase album art from Animals, Wish You Were Here and Dark Side of the Moon (\$70 - \$80) and the shoes that pay homage to The Who have distinctly mod sensibilities, featuring the Union Jack and red, white and blue bulls-eye logos (\$70 - \$90).



LEFT: Converse Chuck Taylor The Who Logo Oxford, \$70.



ABOVE: Converse PRODUCT (RED) Chuck Taylor 100 Suplementaire High-Top by Lupe Fiasco, \$100.



LEFT: Converse Chuck Taylor The Who Jump High-Top, \$80.



RIGHT: Converse Chuck Taylor The Who British Flag High-Top, \$90.

Where to buy

- The limited edition Chucks are available at Little Burgundy and various independent retailers nationwide. Check out converse.com or call 1-800-387-9550 for more information about where to buy in your city.

**SOFI PAPAMARKO/
FOR METRO CANADA**

Kenya's Style

Kenya Hunt

Read the blog at metroneWS.ca/kenyasstyle

**Cardigan
\$24.90**



H&M

Glastonbury was almost cancelled for being "too big, too muddy and too horrible." Michael Eavis — who founded the popular music event — has revealed the British festival was nearly scrapped after acts complained it had become too commercial. FEMALEFIRST.CO.UK

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Joel Plaskett

Album: Three
Label: MapleMusic/Universal
Rating:

IF ANYONE CAN claim the moniker "hardest working man in show business" it's got to be Plaskett. Since disbanding Thrush Hermit in 1999, the travelling troubadour has been producing album after album of great folk rock. This is his most ambitious project yet. It's an introspective three record behemoth about leaving home and coming back. While it might sound crazy to release 27 songs at once, they're all fantastic. Disc one features the louder tunes, album two is sombre, while the last record picks the tempo back up. A must have for any Canadian music fan.

Bryan Borzykowski/for Metro Canada

Rocking the Earth

Artists make effort to become carbon neutral

KEITH CARMAN
for Metro Canada

The ace of spades is turning green.

Since its formative years, rock 'n' roll has been renowned for disregarding anything other than instant gratification. The essence of a great band was to promote a consistently laissez faire attitude. However, as global ecological consciousness takes hold and awareness of our lackadaisical stance toward Mother Earth evolves, a new revolution is pervading.

Rock is going green. Over the past half-century, rock has left a mark on the world yet the impact hasn't been solely societal. There's an environmental compo-

nent to artists such as The Rolling Stones, U2 and Willie Nelson traipsing the globe, promoting their new album and entertaining the masses nightly month after month, year after year.

From carbon-spewing flights and tour busses, massive power drain for lights, decibel-crunching amplification and the generation of trash, even the smallest bands leave an indelible stamp on the planet.

Nonetheless, many artists are making great strides to revert their global toxic shock, striving to become carbon neutral.

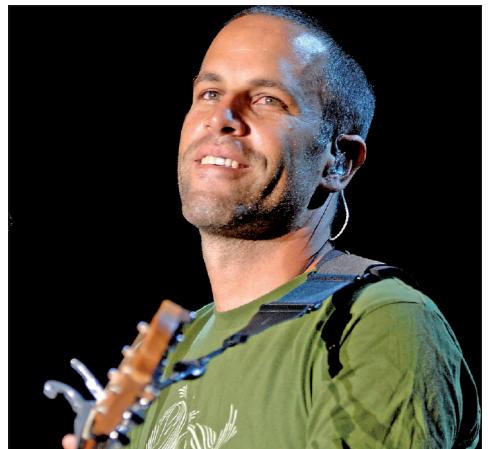
Despite many precedents, no established working formula has been set. Many artists are left struggling to find a way to contribute yet all are revered

***** A CLASSIC; ***** EXCELLENT; *** GOOD; ** FAIR; * POOR

Newly Swingle

Cameron Diaz is set to star in *Swingle*. She is in final talks to star in the upcoming romantic comedy as a sharp-tongued woman opposite a male rival, who is still to be cast.

FEMALEFIRST.CO.UK



EarthHour

for their efforts big or small. Witness Willie Nelson's biodiesel-powered buses and Jack Johnson's "EnviroRider" which includes things like backstage recycling containers, locally sourced catering and a voluntary \$1.50 ticket fee to "offset carbon emissions associated with travelling from the show."

David Suzuki heralds The Rolling Stones and Coldplay for offsetting emissions associated with their concerts and albums by reducing and/or planting trees to suck up the noxious gasses and turn them into clean, healthy oxygen.

Jack Johnson's "EnviroRider" includes backstage recycling containers, locally sourced catering and a voluntary \$1.50 ticket fee to "offset carbon emissions associated with traveling from the show."

The green rock revolution is quite young so while a fully green tour is many moons away, as the movement garners attention and support the kinks are slowly worked out. It's a start: Acts aspiring to generate action from knowledge; hoping that such environmental responsibility will become as infectiously appealing as the desire to become a world-travelling guitar hero.

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The Montreal Gazette

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Amazing Race host faces 'daunting' challenge

Amazing Race host Phil Keoghan has called his 40-day, 39-city cycling tour, which starts Saturday, "the most daunting physical thing I have ever attempted." [PEOPLE.COM](#)

Brit blond's dark turn

Movie feature

Playing a woman who trades sex and dignity in a bid to get green card status in the U.S. took its toll on Alice Eve.

"I definitely had trepidation about (the role), of course I did, and I think I definitely grieved having done it. I don't think that you escape the human process when you do something like that," said British-born Eve, who plays an Australian actor who succumbs to an immigration officer's demands for sex in *Crossing Over*, opening tomorrow.

The film, starring Harrison Ford, Naomi Watts and Ray Liotta, explores several storylines in its examination of the U.S. immigration system and the toll it takes on ordinary people.

For Eve, 27, the role is definitely her toughest to date after lighter fare on stage and screen, in part because sex scenes require nudity.

"Because I'm blond and chirpy, I often get cast in a



Alice Eve was nervous about her role as a woman who trades sex for immigrant status in *Crossing Over*.

certain kind of role. To play someone who has an edge and who packs a punch and who has a journey and a crisis was, I think, the thing I was most interested in about this project," Eve said.

As an actor who travels frequently, Eve said she has become quite "re-

sident" at crossing international borders, right down to looking ahead upon arrival to see which immigration officer seems to be "smiling the most."

The important thing to remember about *Crossing Over*, Eve said, is that each storyline — a Mexican mother separated from her

child, a Bangladeshi high-school student whose essay on the 9/11 terrorist bombings draws the attention of the FBI, a woman at odds culturally with her Iranian-born family, a Korean teenager's conflict with his father — are all based on true events.

TORSTAR NEWS SERVICE

	CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/26/09	267	351	- ACCESS	Alberta Primetime (Live)	America's Next Top Model	Old Christine	Samantha Who	Private Practice (N)	Primetime			
	243	317	3 CFCN	etalk	Hollywood	ER 'I Feel Good' (N)	American Idol (HDTV)	Grey's Anatomy (N)	News (N)			
	-	-	4 OMNI	Two/Half Men	The Simpsons	News		The Simpsons	King	Metropia		
	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	In Motherhood	Samantha Who	Grey's Anatomy (N)	Practice		
	245	306	6 CBRT	Coronation St.	Jeopardy! (N)	Doc Zone 'The Great Food Revolution Parts 3 and 4'			CBC News: The National	The Hour		
	244	338	7 CICT	ET Canada	Entertainment	Life '5 Quarts' (N)	Bones		The Office (N)	Kink in Hair	News Hour	
	246	- 8 CKAL	Law & Order: SVU	Hell's Kitchen (N)	In Motherhood	Friends	30 Rock	30 Rock	Your City			
	119	705	9 CBXFT	Virginia (SC)	Informe (SC)	Enquête (SC)	M pour musique (N) (SC)	Le Téléjournal et Les Nou	TJ Alberta			
	-	- 10 SHAW	(6) Local Programming					Local Programming				
	372	12 KREM	Basketball	College Basketball	NCAA Tournament Regional Semifinal -- Teams TBA.		Hollywood	Paid Program	Paid Program			
news	374	14 KSPS	NewsHour with Jim Lehrer	Visions of Scotland	New Tricks		MI-5		Soundstage			
	500	390	15 CBC	CBC News: The National	Geologic Journey	CBC News: The National		CBC News: The National	Geo. Journey			
	-	370	16 KHQ	News	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Name Is Earl	The Office (N)	30 Rock	ER (N)	
	373	22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	American Idol (HDTV)	Hell's Kitchen (N)	News (N)			
	297	652	37 WPIX	Supernatural (HDTV) (N)	PIX News at Ten Tong.	Two/Half Men	Friends	Sex and-City	According-Jim	Frasier		
sports	500	500	29 CNN	Larry King Live (N)	Anderson Cooper 360 (HDTV)			Larry King Live	Cooper 360			
	502	502	31 CNN2	Lou Dobbs Tonight	Nancy Grace	Showbiz Tonight	Lou Dobbs Tonight	Nancy Grace				
	400	400	21 TSN	NHL Hockey	SportsCentre (HDTV) (Live)	Off the Record	Score Golf	Motorcycle	Poker			
	408	418	27 net	NHL Hockey	Oilers Conn	NHL Hockey	Edmonton Oilers at Phoenix Coyotes. (HDTV) (Live)	Sportsnet Con.	Sportsnet Con.	Final Score		
family	410	403	30 SCORE	Basketball	College Basketball	NCAA Tournament Regional Semifinal -- Teams TBA. (HDTV) (Live)						
	411	457	41 OLN	Mantracker	Bounty Hunter	Bounty Hunter	Survivorman	Mantracker	Bounty Hunter			
	417	408	45 SPEED	Bullrun (HDTV)	Bullrun (HDTV)	Pimp My Ride	Pass Time	Punks - All Out (HDTV)	Inside GP			
	552	543	20 YTV	Drake & Josh	iCarly	True Jackson	H2O, Just Add Malcolm-Mid.	Futurama	In Real Life	Falcon Beach		
cable variety	557	541	39 FAM	Zoey 101	Life Derek	Wizards-Place	Mon. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	558	545	67 TOON	Reba	Reba	Hope & Faith	Hope & Faith	Coyote Ugly	Home Improve.	Home Improve.	Reba	
	553	546	17 TREE	Little Bear	Maggie-Beast	Big Comfy	Zigby	Coyote Ugly	Home Improve.	Home Improve.	Reba	
	-	- 18 CHTV	The Insider (N)	E! News	My Fabulous Gay Wedding	Total Spies	6TEEN	Futurama	South Park: Bigger			
cable variety	505	598	19 TWN	(5) EarthWatch One	EarthWatch One		EarthWatch Two					
	575	583	11 CMT	Reba	Reba	Divine Design	House	Confidential	Save Us-House	Divine Design		
	553	546	17 TREE	Little Bear	Maggie-Beast	Street Customs (N)	Street Customs (HDTV)	Hell-Lockers (HDTV)	Overhaulin'			
	-	- 18 CHTV	The Insider (N)	E! News	My Fabulous Gay Wedding	Secret Life of Family	Giutton-Punish.	Ace of Cakes	Challenge	Unwrapped		
cable variety	505	598	20 YTV	Reba	Reba	The Beast "Tilt" (N)	The Beast "Tilt" (HDTV)	The First 48 (HDTV)	The First 48 (HDTV)	The First 48		
	521	560	24 TLC	Street Customs (N)	Street Customs (N)	The Outer Limits	Love-Death	Trailer Park	Trailer Park	Caddyshack		
	603	561	25 FOOD	The First 48 (HDTV) (N)	The First 48 (HDTV) (N)	X-Weighted	X-Weighted "Debbi"	ET Canada	Til Debt-Pai	Real Housewives OC	Trading Sp	
	-	- 18 CHTV	Reba	Reba	Reba	Message in a Bottle ** (1989, Romance)	Kevin Costner.	Star Trek: Next Gen.	Trek: Voyager	Walk-Remembr		
cable variety	520	505	35 DISC	Bear Feeding Frenzy	MythBusters	Daily Planet	Deadliest Catch "Mortal Men"	Lion Feeding				
	620	523	36 BRAVO	Manufacturing Dissent (2007)	Abbas in Iran	Law & Order "Sheltered"		Without a Trace	Rasputin			
	299	650	40 WPCH	Friends	Friends	Mr. Deeds * (2002, Comedy) Adam Sandler.		Family Guy	Family Guy	Seinfeld		
	626	547	41 COM	Laughs	Laughs	Just for Laughs	Corner Gas	The Simpsons	South Park	VIP		
cable variety	-	- 539	42 TCM	(6) The Scarlet Pimpernel	Things to Come *** (1936, Science Fiction)			Knight Without Armour (1937, Adventure)				
	628	584	43 SPIKE	TNA IMPACT! (HDTV) (N)		DEA (HDTV)	MANswers	MANswers	Married... With			
	522	516	45 HIST	Go Deep "Earthrace"	NCIS "Heart Break"	Ancient Discoveries	Go Deep "Earthrace"	NCIS				
	627	528	46 SPACE	Ghost Hunters	Chuck (HDTV)	Stargate SG-1	Judging Amy	Star Trek: Next Gen.	Trek: Voyager			
cable variety	-	- 47 AMC	(6) Caddyshack ** (1980)		(8:15) Blazing Saddles *** (1974, Comedy)	(10:15) Caddyshack ** (1980, Comedy)						
	619	525	49 TROP	What Happen?	What Happen?	Vanity Insanity	Inside Hollywood	Seinfeld	Raymond	Family Guy		
	604	564	50 HGTV	The Fix	Disaster DIY	Home to Flip	Real Renos	Holmes on Homes	The Fix	Disaster DIY	Home to Flip	
	501	591	52 CTY	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News			
cable variety	508	508	50 BN	Squeeze Play	Market Call	Headline	Market Call	Commodities	Business News	Squeeze Play		
	526	507	52 VIVA	Most Haunted	Alton Towers.	Passion	Homicide File	Psychic Inv.	Encounters	Judging Amy	Most Haunted	
	269	350	53 APTN	Warriors: TKO	Wapato Bay	By the Rapids	renegadepress	Call of the Wild ** (1993, Adventure)	Rick Schroder.	MYTV		
	-	- 94 MCP	(6:30) News	News	Eight Heroes	Mom's-Upsert	Vancouver	Kahkashan	Sheeyan Ghar	Sadabahar	Desi-Mama	
cable variety	571	581	100 MMM	Revival	Where You At	RuPaul's Drag Race	Listed (Part 2 of 2)	Party of Five	RuPaul's Drag			
	570	580	101 MM	Pimp My Ride	Pimp My Ride	Instant Star	Video on Trial	Video on Trial	Paris Hilton's British Friend	Video on Trial		
	581	566	102 MTV	Making the Band 4 (N)	Taking the Stage (N)	MTV Live	After	Making the Band 4	Taking, Stage			
	581	566	102 MTV	Making the Band 4 (N)	Taking the Stage (N)	MTV Live	After	Making the Band 4	Taking, Stage			

critics' corner

Manufacturing Dissent

It's critical of Michael Moore's methods, but this 2007 documentary from Canadian filmmakers Rick Caine and Debbie Melnyk isn't a hatchet job. Unable to score an interview with the left-leaning documentarian himself — shades of Moore's own "Roger & Me" — they talk to other people about him, including Ralph Nader and fellow filmmaker Errol Morris. Former President Jimmy Carter, scholar Noam Chomsky and actor-activist Richard Gere also appear. 7 PM on BRAVO

Samantha Who?

When Todd and Samantha (Barry Watson, Christina Applegate) go on a double date with Andrea (Jennifer Esposito) and her fantasy crush, pro basketball star Tony Dane (McKinley Freeman), Todd makes an awkward discovery that could bend the relationship. Dena (Melissa McCarthy) begins an online relationship with a lonely soldier. Jean Smart also stars in the new episode "My Best Friend's Boyfriend." 9:30 PM on KXLY ACCESS

Redgrave joins Robin Hood film

CASTING Vanessa Redgrave is joining the cast of director Ridley Scott's untitled Robin Hood project, starring Russell Crowe, which is beginning production in the United Kingdom. Redgrave will play Queen Eleanor of Aquitaine, mother of King John (Oscar Isaac). Also joining the cast is French actress Lea Seydoux, who plays Princess Isabella in Quentin Tarantino's upcoming *Inglourious Basterds*. **REUTERS**

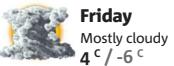
In brief

FILM From a daytime soap to a primetime one: All My Children hunk Colin Egglesfield is the latest actor to check into the CW's new *Melrose Place*. Also cast in the pilot is Stephanie Jacobson (*Terminator: The Sarah Connor Chronicles*). Both will play central characters on the ensemble drama, an update of the 1990s series.

FILM The political relationship between President Bill Clinton and British Prime Minister Tony Blair is the focus of a movie for HBO penned by Frost/Nixon writer Peter Morgan. If *The Special Relationship* gets the go-ahead, Dennis Quaid will play President Clinton and Julianne Moore will portray Hillary Clinton, with Frost/Nixon star Michael Sheen as Blair. **REUTERS**



Today
Partly cloudy
3 °C / -13 °C



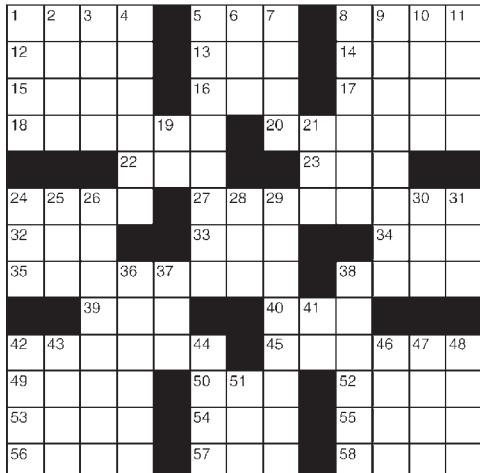
Friday
Mostly cloudy
4 °C / -6 °C



Saturday
Flurries
0 °C / -5 °C



Andrew Schultz, Weather Specialist – Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."

Crossword across

1 Requests 34 Deposit
5 Springtime abbr. 35 Bill Clinton, by birth
8 Standards 38 Extra
12 Injure severely 39 Raw rock
13 Kiwi's extinct kin 40 Discoverer's call
14 Saudi Arabia neighbour 42 Reverberates
15 Curved molding 45 Look for typos
16 Wood-shaping tool 49 Bridge coup
17 Peacekeeping grp. 50 NAFTA signatory
18 Whiz 52 Urban carrier
20 Capital of Croatia 53 Cougar
22 Deli loaf 54 "Platoon" locale
23 Floral accessory 55 Cruising
24 The "Say Hey Kid" 56 Nays' undoers
27 Still having a rind 57 College transcript no.
32 Resume, for short 58 Opposite of 38-Across
33 Estuary

Crossword down

1 Andy's pal 28 Actress Peeples
2 Long story 29 Complete view
3 Chicken — 30 Listener
4 Fingerpaints 31 Go red?
5 Olympians, generally 36 Scents
6 Legume holder 37 Born
7 Heckle 38 Human
8 Thin silky fabric 41 That guy
9 Texas city 42 Get a glimpse of
10 Assessment 43 Fingerprint, often
11 Uppity one 44 Trilled
19 Big Apple abbr. 46 Relaxation
21 Milwaukee product 47 Graph lines
24 Biz deg. 48 "Buenos —"
25 Broadcast 51 Enervate
26 Japanese city

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

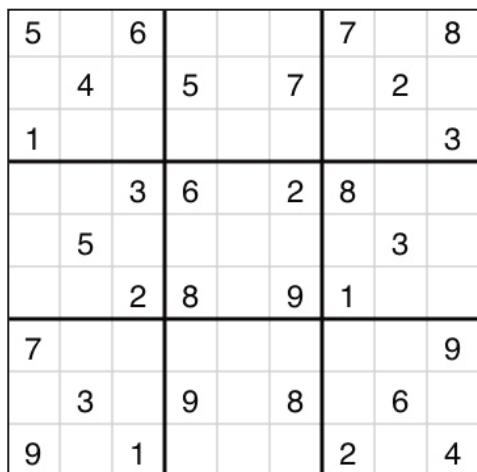
7	3	4	9	5	1	2	6	8
6	2	9	8	4	7	1	5	3
5	1	6	2	3	4	7	9	
4	3	7	2	8				
3	5	6	2	8				
2	2	8	9	1				
1	7							
0	3	9	8	6				
9	2	1	2	4				

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13-17 minScholar 21-25 minNot bad
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HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

**Horoscopes****ARIES**

MARCH 21-APRIL 20



Deal with a health issue immediately. Speak plainly of a flight of fancy. Never say never when it comes to extreme motivation.

LIBRA

SEPT 23-OCT 23



Have some comfort food and a mini-vacation. A woman's troubles will ease soon. A friend's chronic complaining will stop.

TAURUS

APRIL 21-MAY 21



Expect a minor amount of doubtfulness. Steer clear of a temperamental fiend. Express your respect for a logical argument.

SCORPIO

OCT 24-NOV 22



Tension subsides when a woman shows kindness. Don't take sides in an argument. Your heart is wrenched by a pitiful story.

GEMINI

MAY 22-JUNE 21



A companion's sharp emotional edges are dangerous. Grief causes gloom but progress brings ease. A motivated person causes disruption.

SAGITTARIUS

NOV 23-DEC 21



Somebody's unbridled passion is unnerving. A minor spat makes you take shelter. It's time to let go of unnecessary luxuries.

CANCER

JUNE 22-JULY 22



Don't be baffled by a war of words. Release someone from a stressful place. A hero is ludicrously lacking good judgment.

CAPRICORN

DEC 22-JAN 20



Don't expect too much. Misconduct erupts as a result of imminent changes. Avoid getting hot under the collar.

LEO JULY 23-AUG 23

Dreadful decadence causes remorse. A social caller rewards you for exuberance. Flattery and gossip will get you somewhere.

AQUARIUS

JAN 21-FEB 18



You'll witness a stranger's act of kindness. Let the good times roll with laughter and zest. Explain your actions lucidly, without losing patience.

VIRGO

AUG 24-SEPT 22



A concerned note helps you to find an error. Love lessons are learned the easy way. Avoid having a lively conversation while working.

PISCES

FEB 19-MARCH 20



A problem is solved by listening. A late arrival can cause mortification. Be on your guard when someone is neglectful.

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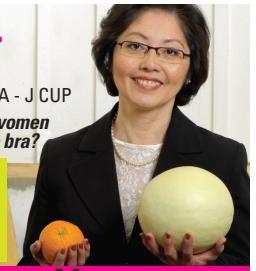
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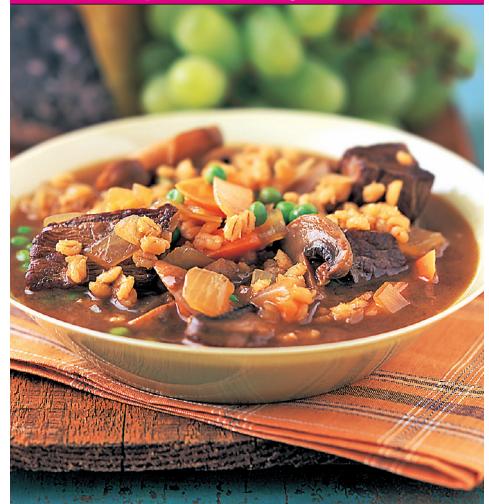
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entertainment 25**Take Five****Metro Recipe of the Day****Beefy Mushroom Barley Soup****INGREDIENTS:**

12 oz (375 g) beef chuck, cut into 1-in. (2.5-cm) cubes
3 medium onions, coarsely chopped
10 oz (300 g) mushrooms, sliced
3 large carrots, sliced
1/2 cup (125 ml) pearl barley
7 cups (1.75 l) low-salt beef broth
1 cup (250 ml) dry white wine or tomato juice
salt to taste
1/2 tsp (2 ml) pepper
1 cup (250 ml) frozen peas
2 tsp (10 ml) lemon juice

Transfer to double layer of paper towels with slotted spoon.

2. Sauté onions and mushrooms in pot drippings until onions are golden, about 7 minutes. Return beef to pot. Stir in carrots, barley, broth, wine, salt and pepper, then boil. 3. Reduce heat to medium-low. Simmer, partially covered, until beef and barley are tender, about 45 minutes. Stir in peas and cook, uncovered, until tender, about 5 minutes. Remove from heat and stir in lemon juice.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!





She's not quite ready to hit the dance floor yet, but Nancy O'Dell is on the path to recovery. The Access Hollywood co-host, who had to pull out of Dancing with the Stars before the season premiere this month, is resting at home after knee surgery. PEOPLE.COM

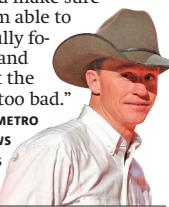
Celebrity Buzz

Ballroom a lot like bulls: Ty

PEOPLE Ballroom dancing is no different from getting into the ring with a bull—at least to season eight Dancing with the Stars contender Ty Murray, people.com reports.

In a MySpace video posted this week, the rodeo star is asked who he thinks is his toughest competitor on the show. He says, "I look at (the competition) just like I did my bull riding career. I don't have any control over the other competitors, I just gotta keep control of myself and make sure that I'm able to hopefully focus in and not get the jitters too bad."

METRO NEWS SERVICES



Bruce and Emma met on the job

PEOPLE Bruce Willis reportedly met his new wife, Emma Heming, through rather unusual circumstances. Sources tell Page Six that the actor practically cast her in the role, having met her while looking for actresses for his movie Perfect Stranger.

Willis is said to have made sure to be present when the actresses he liked came in, and he started dating Heming shortly after her audition, a source tells the newspaper.

METRO NEWS SERVICES



Angie starving self?

HEALTH Angelina Jolie has reportedly taken on a risky diet to slim down for Salt, the movie she's currently filming in New York.

According to Britain's the Sun, Jolie has shed 21 pounds in as many days while on an all-liquid diet.

"She does all her own stunts but we worry she could injure herself due to the weight loss," a source tells the paper.

Meanwhile, Grazia magazine reports the actress has only lost eight pounds, but that people around her are still just as concerned.

The magazine



claims Brad Pitt grew so fed up with her fasting that he stormed out of their rented Long Island home.

METRO WORLD NEWS

Paul and Nancy like lovebirds

RELATIONSHIP Paul McCartney and his girlfriend acted like "besotted teenagers" during a night out this week, femalefirst.co.uk reports.

The 66-year-old musician and his 48-year-old partner Nancy Shevell stunned fellow guests at the London after-party for The Boat That Rocked movie premiere this week with their public displays of affection and frequent

outings to the dancefloor. At one point the couple gyrated to Rolling Stones classic Satisfaction.

"Paul was having a great time. He was on brilliant form, mingling with partygoers," a source said. "Fans were asking for pictures and he was happily obliging and Nancy looked so loved-up and content." McCartney used the party

to introduce Shevell—who he has reportedly been dating since November 2007—to his friends and was delighted when they bonded quickly.

The source added to Britain's Daily Mirror newspaper: "As well as speaking to the movie cast, including Rhys Ifans and Bill Nighy, Paul made a big deal of introducing Nancy to his friends Twiggy and Kenneth Branagh.

"He looked quite nervous but soon they were laughing like old friends and the idea of a dinner party was mooted."

METRO NEWS SERVICES



I'm too busy for Obama: Simon

PEOPLE Hosting American Idol apparently keeps Simon Cowell busy—so busy he doesn't have time for the president.

Cowell told Jay Leno that he'd received an in-

vitation to have dinner at the White House with Barack Obama, but he had to turn it down.

"He want-

ed to have dinner and our diaries didn't quite match," Cowell told Leno recently on his talk show. "We just didn't quite connect."

METRO WORLD NEWS



Chris hitting the books at college?

PEOPLE Chris Brown has dismissed rumours he's going back to school after he was spotted visiting a university campus in his native Virginia at the weekend, femalefirst.co.uk reports.

The singer, 19, prompted claims he was set to hit the books at Norfolk State University after he was seen walking the school grounds with his mother and cousin.

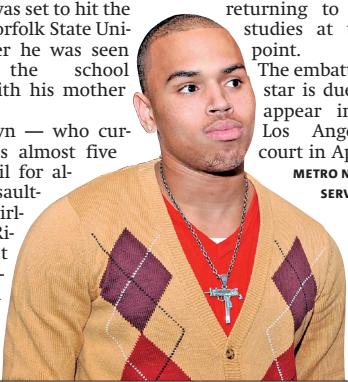
But Brown—who currently faces almost five years in jail for allegedly assaulting on/off girlfriend Rihanna last month—has denied the reports, insisting a

relative is a prospective student at the university.

A representative for Brown tells TMZ.com the singer visited the college as a "support factor" for his cousin, and has "not applied," "not enrolled" and is "not interested" in returning to his studies at this point.

The embattled star is due to appear in a Los Angeles court in April.

METRO NEWS SERVICES



Robert stinks!

PEOPLE Robert Pattinson has admitted in the past to his problems with keeping himself clean, telling Showbiz Spy, "I don't have too much of a sense of personal hygiene or styling or anything. I gave up washing my hair a while back."

But now his filthy ways are reportedly wreaking havoc on the set of New Moon, the sequel to Twilight that is currently filming in Vancouver. On-set sources tell E! News that the young British star "completely reeks." "He stinks. I mean, it's awful. He

never showers, and it drives people on the set crazy."

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Victoria strips down for Armani

Victoria Beckham has stripped off once again for a new Emporio Armani Underwear shot. The gorgeous fashion icon leans seductively back over a bed in just a bra, thong and high heels, in possibly her most intimate pose yet. FEMALEFIRST.CO.UK

**entertainment 27****Celebrity Buzz****I don't deserve fame: Chris**

PEOPLE Chris Martin doesn't believe he deserves success, femalefirst.co.uk reports. Despite selling millions of albums worldwide, the Coldplay frontman feels he must prove the group has earned their place at the top of the charts.

"Every day I wake up and think, 'OK, today we've got to really prove ourselves. We've got to justify where we are,'" he said. "I always feel like my dad's going to burst through my bedroom door at any moment and wake me up to go back to my real job."

Despite his self-doubt, the Viva La Vida singer isn't worried about his critics because he knows not everyone will like his music.

He added: "We're like Vegemite in many respects. A lot of people like us, but many more people don't. I'd like to convince everyone that our particular brand of Vegemite is brilliant, but it's never going to happen."

METRO
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**Britney runs up \$2.7M legal tab**

PEOPLE Britney Spears has spent \$2.7 million US in lawyers' fees in the past 11 months, femalefirst.co.uk reports.

The Circus singer — who has managed to turn her life around following her public meltdown early last year — was forced to pay \$417,000 to legally end her two-year marriage to Kevin Federline and the subsequent custody battle over their two children, Sean Preston, three, and two-year-old Jayden James.

Fees were also paid to 17 lawyers and firms, including \$1 million for Spears'

own attorneys.

Lawyer Geraldine Wyle — who represents Spears' father Jamie, who is legally in control of his daughter's estate — said: "Since the initiation of the conservatorship, as a result of the concerted efforts of Mr. Spears as well as the pro-



fessionals involved, all aspects of Ms. Spears' life have been stabilized and continue to improve.

According to Wyle, Spears — who was twice held in a psy-

chiatric ward before her father was put in control — faces "complex and challenging issues" which have run up huge costs.

However, she admitted the mother-of-two's mental health had improved over the last year and has won "substantial visitation" with her sons and her career "has been revitalized."

Spears is currently on a sold-out world tour and has been honoured with a plaque to commemorate the huge success of her latest album, Circus.

METRO NEWS SERVICES

Rihanna house hunting?

PEOPLE Rihanna was "in a great mood" when she checked out a \$6.25 million US home this week that used to belong to Jerry Seinfeld, the real estate agent she worked with tells us-magazine.com.

"She was very quiet," Russ Filice of Sotheby's International Realty tells Us. The 5,913-square-foot, three-bedroom Hollywood Hills home "has incredible views, a temporary pool and is very private," he adds.

"Rihanna just started her search. She looked at three homes with three assistants and a driver," adds Filice. "Her questions were centered around her lifestyle in the house; how she could entertain, how private it is."

The singer spent about 15 to 20 min-

utes at the property. "She was in a great mood," Filice says. She didn't bring up Chris Brown — who faces felony charges for allegedly beating her — and "there were no scars, no bruises, no nothing. (She is) very sweet, very pretty."

METRO NEWS SERVICES

**Lauren's label 'on hiatus'**

CAREER Lauren Conrad has taken to her Celebrity MySpace blog to clear up rumors about her clothing line, which is currently "on hiatus," us-magazine.com reports.

"A few days ago a statement was released to the showrooms that carry my clothing line. It asked them to let the stores know that I was planning to take a couple seasons off from my line so that I could make some changes that I felt were necessary," she writes.

"As a result, a lot of people were under the

impression that my line was being discontinued or had been dropped," she continues. "This isn't the case at all. The truth is, I was the one who asked to take a couple seasons off."

Conrad says she has "learned so much in the past year and I want to apply that to the improvement of my clothing line. I also wanted to make some changes in production so I would be able to lower the price point. That being said, I am actually really excited about beginning this process."

METRO
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**Jacko planning a menagerie**

CAREER Michael Jackson has big plans for his set of 50 concerts in London this summer, and those plans reportedly include a menagerie of exotic animals.

"He hopes to make it the most spectacular gig ever," a source tells the Daily Mirror. "For the jungle section, he wants to ride out on an African elephant with panthers led on gold chains. Parrots and other birds will fly behind him. If it goes to plan it will look incredible."

Jackson is reportedly "desperate to work around" Britain's animal welfare laws that would preclude using some of the non-domestic creatures.

METRO
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**Katy and Josh friends not lovers**

RUMOUR Katy Perry and Josh Groban may sound like a perfect couple, but contrary to rumours of a relationship between the two, the two singers are "very close friends" — not romantically involved, according to Josh's rep, people.com reports.

METRO NEWS SERVICES

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